



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09132, Grapes, red or green (European type, such as Thompson seedless), raw

Report Date: June 30, 2017 11:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	80.54	8	0.411	78.47	82.22	7.0	79.574	81.516	1	Analytical or derived from analytical	--	01/2003
Energy	kcal	69	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	288	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein ¹	g	0.72	8	0.031	0.55	0.86	7.0	0.643	0.79	1	Analytical or derived from analytical	--	01/2003
Total lipid (fat) ¹	g	0.16	8	0.030	0.07	0.31	7.0	0.092	0.235	1	Analytical or derived from analytical	--	01/2003
Ash ¹	g	0.48	8	0.038	0.33	0.69	7.0	0.39	0.57	1	Analytical or derived from analytical	--	01/2003
Carbohydrate, by difference	g	18.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary ¹	g	0.9	8	0.114	0.6	1.7	7.0	0.631	1.171	1	Analytical or derived from analytical	--	01/2003
Sugars, total ¹	g	15.48	8	0.277	14.63	16.73	7.0	14.823	16.133	1	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.15	8	0.000	0.15	0.15	--	--	--	1	Analytical or derived from analytical	--	01/2003
Glucose (dextrose) 1	g	7.20	8	0.096	6.87	7.62	7.0	6.971	7.426	1	Analytical or derived from analytical	--	01/2003
Fructose 1	g	8.13	8	0.218	7.51	9.16	7.0	7.615	8.645	1	Analytical or derived from analytical	--	01/2003
Lactose 1	g	0.00	8	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Maltose 1	g	0.00	8	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Galactose 1	g	0.00	8	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Starch 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Minerals													
Calcium, Ca 1 2 3 4 5 6 7 8 9 10 11	mg	10	36	0.418	6	17	10.0	9.507	11.37	11	Analytical or derived from analytical	--	01/2003
Iron, Fe 1 2 3 4 5 6 7 8 9 10 11	mg	0.36	36	0.048	0.14	1.13	10.0	0.249	0.464	11	Analytical or derived from analytical	--	01/2003
Magnesium, Mg 1 2 3 4 5 6 7 8 9 10 11	mg	7	36	0.206	5	10	10.0	6.821	7.739	11	Analytical or derived from analytical	--	01/2003

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Phosphorus, P 1 3 4 5 6 7 8 9 10 11	mg	20	34	0.987	14	28	9.0	18.266	22.73	10	Analytical or derived from analytical	--	01/2003
Potassium, K 1 2 3 4 5 6 7 8 9 10 11	mg	191	36	6.312	134	292	10.0	177.008	205.136	11	Analytical or derived from analytical	--	01/2003
Sodium, Na 1 2 3 4 5 6 7 8 9 10 11	mg	2	31	0.273	0	9	10.0	1.182	2.398	11	Analytical or derived from analytical	--	05/2003
Zinc, Zn 1 2 3 4 5 6 7 8 9 10 11	mg	0.07	36	0.010	0.03	0.21	10.0	0.043	0.088	11	Analytical or derived from analytical	--	05/2003
Copper, Cu 1 2 3 4 5 6 7 8 9 10 11	mg	0.127	36	0.016	0.04	0.24	10.0	0.091	0.164	11	Analytical or derived from analytical	--	01/2003
Manganese, Mn 1 2 3 4 5 6 7 8 9 10 11	mg	0.071	36	0.002	0.04	0.12	10.0	0.066	0.077	11	Analytical or derived from analytical	--	01/2003
Selenium, Se 1	µg	0.1	4	0.010	0.1	0.1	3.0	0.062	0.128	1	Analytical or derived from analytical	--	01/2003
Fluoride, F 12 13	µg	7.8	13	4.844	1.3	27	4.0	-5.65	21.25	2	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid 17	mg	3.2	12	0.404	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Thiamin 1	mg	0.069	8	0.002	0.06	0.08	7.0	0.063	0.074	1	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1	mg	0.070	8	0.007	0.05	0.11	7.0	0.053	0.087	1	Analytical or derived from analytical	--	01/2003
Niacin 1	mg	0.188	8	0.016	0.16	0.26	7.0	0.151	0.226	1	Analytical or derived from analytical	--	01/2003
Pantothenic acid 1	mg	0.050	4	0.005	0.04	0.06	3.0	0.033	0.067	1	Analytical or derived from analytical	--	01/2003
Vitamin B-6 1	mg	0.086	8	0.009	0.05	0.12	7.0	0.065	0.106	1	Analytical or derived from analytical	--	01/2003
Folate, total 1	μg	2	4	0.000	2	2	--	--	--	1	Analytical or derived from analytical	--	01/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	2	4	0.000	2	2	--	--	--	1	Analytical or derived from analytical	--	05/2006
Folate, DFE	μg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Choline, total 1	mg	5.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 1	mg	0.1	2	--	0.1	0.1	1.0	--	--	1	Analytical or derived from analytical	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹⁴	µg	39	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Carotene, alpha ¹⁵	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lycopene ¹⁵	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Lutein + zeaxanthin ¹⁵	µg	72	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol) ^{1 16}	mg	0.19	5	0.014	0.11	0.28	1.0	0.019	0.368	2	Analytical or derived from analytical	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ^{1 16}	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003

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Tocopherol, gamma 1 16	mg	0.07	5	0.005	0	0.1	1.0	0.011	0.139	2	Analytical or derived from analytical	--	01/2003
Tocopherol, delta 1 16	mg	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 18	µg	14.6	5	0.761	8.3	18.1	3.0	12.159	17.001	2	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.054	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
16:0	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total monounsaturated	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:1 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total polyunsaturated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:2 undifferentiated	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:3 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

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18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan ¹	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine ¹	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine ¹	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 1	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine 1	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine 1	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine 1	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine 1	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine 1	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine 1	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine 1	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine 1	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine 1	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid ¹	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid ¹	g	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine ¹	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline ¹	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine ¹	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002

Sources of Data

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